



New Year, New Plate: Wholesome Choices for a Vibrant You

Integrate these nutrient rich superfoods into your weekly menu!



KaleThe Green Powerhouse



Berries Antioxidant Delights



Chia SeedsTiny Powerhouses of
Nutrients



AvocadoCreamy Goodness with
Healthy Fats



Quinoa The Complete Protein



Ginger Spice Up Your Health



TurmericGolden Goodness



Spirulina Nature's Multivitamin

Did You Know?

Elevate Your Well-being



Buddha Bowl RecipeClick <u>Here</u>

Winter Quinoa

and Effective Workouts for 2024 5:30 p.m. Sub Level -2

Fitness Focus: Fun

Multipurpose Room
Discover joy in exercise
with our recommended
workouts, from highintensity interval training
(HIIT) to Pilates. Find the
ideal fitness routine to
suit your lifestyle and
keep you motivated all
year long.

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Winter Wellness with Nurse Practitioners

To stay proactive about your winter health, click <u>here</u> to schedule an appointment with our nurse practitioners today.



with Powerful Supplements Elevate your winter well-

Elevate Your Season

being with MWC's curated supplements! From immune support to mood enhancement, we've got you covered. Conquer winter challenges feeling strong, energized, and ready for a healthier, happier you. Visit us today!

Apple's Healthy Power Spike!



they offer a healthy blood sugar spike for sustained vitality. Snack smart, choose apples for all-day revitalization!

A Word From Our HSS Affiliate

What to Eat (and Not to Eat) to Help Reduce Inflammation



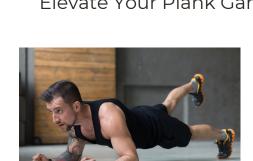
regulate inflammation. Learn more about inflammation, how it relates to your musculoskeletal health, and how to choose the right foods.

Click here to learn more!

Diet plays a key role in your body's ability to

Rehab Corner

Elevate Your Plank Game with Our Innovative Plank with Hip Extension



This dynamic variation not only targets your core but also engages legs and glutes, sculpting and toning with each lift.

Experience a full-body workout that empowers and invigorates. Upgrade your routine and unlock the benefits of this

versatile exercise! Click here for video.

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